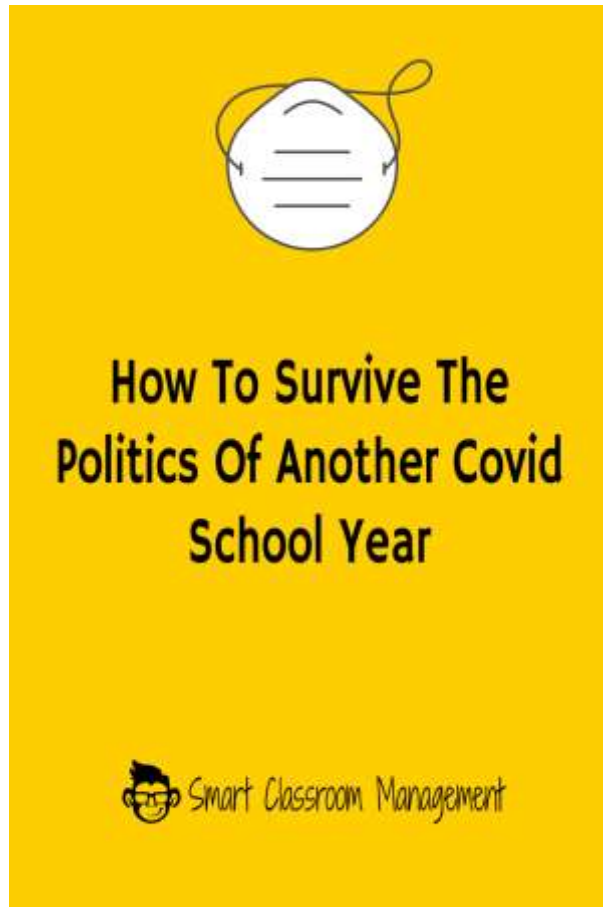


How To Survive The Politics Of Another Covid School Year

August 20, 2021 by [Michael Linsin](#)



Wild-eyed [parents](#). Petrified students. Bat-crazy colleagues. Changing policies. Uncertainties. Obstacles. Frustrations. STRESS.

Political division and its effects is enough to make you curl up rocking and sobbing on your kitchen floor.

But there is one thing you can control. A trump card, if you will. A doorway to another existence you can access anytime you like.

It's your attitude. Get it right by focusing on just *three things*, and you'll float above the fray, untouchable, like a bird on the wing.

Here's how.

Be Okay.

It doesn't matter what other people think. Your colleagues and parents, even students, can believe in mask mandates and vaccines or in neither one. They can think that anyone who feels differently than them is insane, or even evil.

Doesn't matter. What matters is what you believe. Hang on to your dignity and let others feel however they wish. You don't have to try to change their mind. You don't have to dislike them or judge them. You don't have to be angry with them.

They have their reasons. We all do. And it's okay. It really is.

Be okay with others obnoxiously, and sometimes aggressively, trying to push their beliefs on the rest of the world. You can believe too, strongly and confidently, without publicly taking sides.

Be Accepting.

If you want to change something, then go through the proper channels. Show up to school board meetings, run for office, or gather and protest to your heart's content. Otherwise, and while on the job, accept all that you cannot change.

Yes, everything. Go with it while on the clock, whatever it may be.

Take care of yourself and your mental outlook so you can be at your best for your students. Never, ever forget your purpose. It's not to bristle at policy. It's not to raise a fuss and complain. It's not to let things you can't control get under your skin.

It's to do right by those kids. They come first. They matter above all. Love them and accept them, even if you feel they've been misled or misinformed. It's not your place to fix them according to your own subjective view.

Plus, maybe, just maybe, you don't have all the right answers.

Teach them well and stick to your content. Bring peace and normalcy to their life by reminding them of [their own purpose for being in school](#), which transcend current events.

Be Quiet.

People who are comfortable in their own skin don't take disagreement personally. They're strong enough in their beliefs to not have to share them with the world or feel the need to change others. So stay quiet about masks. Keep your thoughts about vaccines to yourself.

Wait until you get home and vent to your friends or significant other. Otherwise, you'll bring mountains of stress into your life. You'll get so caught up in what others do or think that you won't sleep at night.

Anxiety grows if you continue to feed it.

Left unabated, it can turn you into someone you don't recognize. It can push you to extremes where you actually believe that half the country are terrible, stupid people just because they think differently than you.

So go about your business quietly. Do your job. Stay focused, meditative, and out of the fray, mentally and otherwise. Take the high road of grace and you'll be in position to inspire success in your students and help those suffering around you.

Take Care

It's okay to feel differently than your neighbors and colleagues.

What isn't okay is to hate them for it. The refusal or inability to see things from other perspectives—yes, even things you diametrically oppose—is a sign of a closed and hardened mind.

It's also blindly arrogant and will ruin friendships, divide families, and age you faster than the noonday sun. Bring it to work with you and you're cheating the taxpayer and doing damage to an educational system that is reeling.

Be part of the solution by taking care of yourself.

If you're getting fired up and stressed out over the state of the world, then catch yourself. Take a cold splash of water to the face. [Breathe down deep into your diaphragm](#) and control what you can control.

Reorient toward acceptance, calmness, and quietude. Stop scattering seeds of division and instead take the road less traveled by being an exemplar of teaching excellence and professionalism.